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National Institute on Drug Abuse

Drug Abuse Prevention

For You and Your Friends

COLUMBIA UNIVERSITY
DEC 10
U. S.
SERVICE CENTER

DRUG ABUSE PREVENTION FOR YOU AND YOUR FRIENDS

This booklet is about drugs and preventing drug problems. It was written for you and your friends because the best time to stop drug abuse is before it starts. If you can prevent yourself and others from abusing drugs during this special time in your life, chances are you'll never have a drug problem.

Whether we like it or not, many people use and abuse drugs. A lot has been written and said about drugs. You've probably read and heard your share of it. You also probably know people who use or abuse drugs. Maybe you do it yourself.

What you may not know is that there are some fairly simple things you can do to stop drugs from becoming a problem for you or for someone you care about. This pamphlet will give you the latest information on many common drugs and on how you and your friends can prevent drug abuse.

William Pollin, M.D.
Director
National Institute on Drug Abuse

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Washington, D.C. 20402

Drug Abuse Prevention

For You and Your Friends

National Institute on Drug Abuse
5600 Fishers Lane
Rockville, Maryland 20857
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service
Alcohol, Drug Abuse and Mental Health Administration

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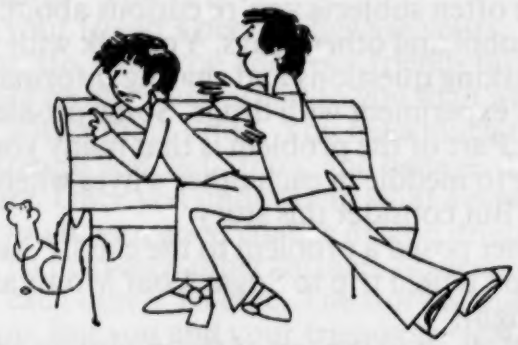
Prevention

Prevention is a familiar idea—stopping a problem before it starts. It's been used a lot in the health field—preventive medicine, preventive dentistry. And we've all heard of defensive driving and fire safety, which are also forms of prevention. Prevention is popular because it works. The old saying that an ounce of prevention is worth a pound of cure is still true, especially for drug problems.



It's important to remember that prevention is something you can do for yourself and for your friends. Preventing yourself from abusing drugs means growing up to be a strong, thinking person able to make decisions on your own, deciding yourself what is best for your life. For your friends, prevention may mean being there when they need help, advice, or just someone to listen. For both you and your friends, prevention means knowing what drugs can do to you and caring enough not to let it happen.

One of the best things about prevention is that you may already have begun to do it. When you are active, involved with life, and mostly satisfied with what you are, you're helping to prevent yourself from abusing drugs. And when you offer friends your understanding and support, you're helping to prevent them from having problems with drugs.

Friends

When you're very young, most of your ideas of what to do come from your parents. As you grow older, the ideas of your friends begin to take on more and more importance. They become the ones you ask for advice and help. This is a natural part of growing up. And it works both ways: *you* are probably the biggest influence on your friends' lives.

There are a lot of things you talk about with your friends that you might not talk about with your parents. These are often subjects you're curious about: things like sex or alcohol and other drugs. You talk with your friends, asking questions and sharing information. You may even experiment with drugs. Some problems can come up. Part of the problem is that many young people don't like to meddle in each other's lives when it comes to drugs. But consider this story:

A teacher posed a problem to the class. "Let's say we're all on a field trip to Sugar Loaf Mountain . . ."

"Awrright!"

"We all climb to the top of the mountain and we ask Marlene to take our picture with her new camera."

"I get the front—I'm short."

"On brains, Calvin."

"Shut up, Freddy."

"We all pose and Marlene backs up to take the picture. And suppose we realize that Marlene has backed up so much, she's about to go over the edge. What would you do?"

"I'd shout so she'd know she was almost falling."

"Hey, man, you couldn't do that! She might get scared and tip backwards."

"I'd go grab her."

"Yeah, but I might think you were kidding and just laugh and lose my balance."

"I didn't think of that."

"I'd just talk soft and say, 'Hey, Marlene, come here for a second. I want to talk to you.' "

"That sounds all right."

"Don't worry, Marlene, we'd take care of you."

"Fine. Here's another problem. Let's say we found out Tony was getting involved with drugs . . ."

Silence.

Suppose Tony were your friend. What would you do? Maybe nothing at all. "It's his business. This is a free country, isn't it?" That's one point of view. But if you really are a friend, it *is* your business. You've heard of "peer pressure." You're it.

You are your friend's peers. They are yours. At this time in your life, what you and your friends think or do together may be more important to you than what any number of adults think or do. You have much to do with how your friends feel, act, dress, and behave. That's peer pressure. Once you understand what a powerful force it is, you have a good chance to stop drug problems. To help each other through difficult times and to listen to each other. To care. The story about "Tony" was made up, but you and your friends are real. And problems like drug and alcohol abuse are real, too.

You probably know what you'd do if your friend were falling off a mountain. What would you do if he or she were getting involved with drugs? There are many things that might help. We'd like to suggest some of them. It's important that you know what to do. How to help. It is your business. After all, what are friends for?

Why People Use Drugs

The first step in preventing drug abuse is knowing why people get involved with drugs. The reasons people abuse drugs are as different as people are from one another. A group of ninth grade students made up this list of why they thought people used drugs:

1. Medication
2. To get high (a buzz)
3. To be cool
4. To get rid of pain
5. To experiment
6. Peer pressure
7. Family problems
8. To calm nerves
9. To get down
10. To escape
11. Because of friends
12. Because they like it
13. Because they're addicted
14. To work better
15. To be alert
16. Because they're bored
17. To hurt themselves
18. To hurt someone else
19. To get in a good mood
20. For a dare
21. Fear of stopping
22. To commit suicide

As different as all these reasons seem, there is one common thread. People usually take drugs to change the way they feel: to feel better; to feel happy; to feel nothing; to forget; to remember; to be accepted; to be sociable. To be something different from what they are. Drugs sometimes seem like the best way to change a mood, to stop pain, to appear daring, or even attractive.

People often feel better about themselves when they're high on drugs, but the effects don't last long. Drugs never solve problems; they just postpone them. No

matter how far they take you, it's always a round trip. After a while, people who misuse or abuse drugs may feel worse about themselves and can get trapped in a spiral of more drug use.

Preventing Drug Abuse

We've talked about peer pressure and its influence in many decisions you make, including whether or not to use drugs. We also listed some reasons why people use drugs: mainly to change how they feel. When you put these two thoughts together, you can begin to see what prevention is all about. When some of your friends feel bad about themselves or their lives, you can help them over the rough spots. Or when a group of your friends seems to be putting pressure on someone to become involved with drugs, you can help that person make a decision for himself or herself. If you have a boyfriend or girlfriend, you're the person s/he cares about most and wants to make happy. You can help him or her to avoid using or abusing drugs.

The most important part you can play in drug abuse prevention is to be there. You can let your friend know that you care—you can listen and try to solve the problem behind your friend's need to use or abuse drugs. Two people together can often solve a problem that seems too big for one person alone.

Preventing drug abuse may be as simple as having something better to do than take drugs. Most commu-

nities have youth activity centers, organized sports, and other alternatives to drugs. If there aren't things like this where you live, you and your friends could get together and start something—sports, a band, plays, arts and crafts, skateboarding, almost anything you have fun doing. That's prevention, too.

This all might sound too simple and too easy to be drug abuse prevention, but think about this: studies of heavy drug abusers show that they didn't have love and affection, close friends with whom to talk, and fun activities to share. When you or your friends give these things to each other, you're helping to stop drug abuse.

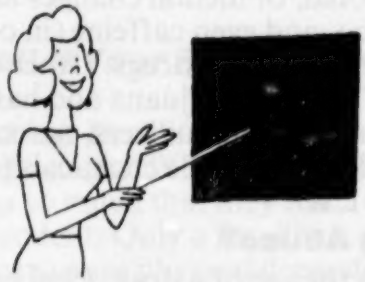
Drug Abuse Prevention for Yourself

As you grow up, people begin to expect more of you. Pressure is strong to try to please other people of your own age, to try to fit in. It's a natural part of growing up. Many young people experiment during this time with a lot of new things, including drugs.

Adolescence is also when you are expected to start making decisions for yourself. Problems seem to be bigger and you can't always turn to your parents for all the answers. Sometimes you feel bad for no reason. You might be tempted to use drugs to feel better. The truth is, feeling bad sometimes is normal. There are always problems to work through. Growing up is never easy. During these years, it's normal to want to try new things, to take some risks. But it's important to know what can happen.

You sometimes have to deal with rules you don't like, work that's too hard, friends who aren't always thoughtful. You have to balance what you want with what your friends want and what your parents want. You have to accept changes in the way you look and feel. You face frustration every day. It's tough, but that's the way life is for most of us. It's part of growing. It's part of life itself.

Everyone handles these problems in different ways. Sometimes people can talk their problems over with parents, or a counselor, or a teacher. Others look to friends to listen and help. Some people just like to sit alone and think or listen to music and sort out what's on their minds. Some get involved in a really active game to work off their problems. The way depends on the person. Find out what works best for you. So when problems do occur, as they always will, they won't knock you over. If you break up with someone, you don't give up on dating. When your grades drop, you figure out how to bring them up. If you aren't invited to a party, you find something else to do. You don't give up on yourself.



And you don't need to feel alone. Your friends probably feel just as lonely as you do sometimes. The chances are that if you make an effort to break through, you could help each other. That's what preventing drug abuse is all about.

SOME INFORMATION ABOUT DRUGS AND THEIR EFFECTS

One important thing to understand about drugs is how they can affect your life and the lives of people close to you. It helps to know something about drugs and what they can do to you. In the next few pages, you will find answers to some often asked questions, along with the latest information about most of the drugs you or your friends are likely to run into.

What Is a Drug?

A drug is "any chemical substance that brings about physical, emotional, or mental changes in people." Alcohol, tobacco, and even caffeine (in coffee, tea, cocoa, and cola drinks) are drugs. Other less widely used drugs include THC (in marijuana and hashish), amphetamines, barbiturates, tranquilizers, narcotics, cocaine, phencyclidine (PCP), volatile chemicals (glue and other inhalants), and LSD.

What Is Drug Abuse?

Drug abuse is the use of a drug, legal or illegal, which causes physical, mental, emotional, or social harm to a person or to people close to him or her.

There are different kinds of drug users:

- ☐ Experimental Users may try out drugs once or twice because they're curious about their effects.
- ☐ Recreational Users use drugs to "get high" with

friends or, at parties, to be sociable or to get into the mood of things.

☐ Regular Users use drugs all the time but continue to attempt normal activity (work, school, housework, etc.).

☐ Dependent Users can't relate to anything other than drugs. They experience extreme mental or physical pain when they need drugs and will do anything to get them.

Are All Drugs Harmful?

All drugs can be harmful. The effect of any drug depends on a lot of things: how much or how often it is taken; the way it is taken (smoking, taking pills, etc.); if other drugs are used at the same time; the user's personality; and the setting (the place and the other people).

Do People Often Take More Than One Drug?

Yes. Multiple drug use is very common and very dangerous. People who use one kind of drug are more likely to use other kinds of drugs, too, either by taking various drugs one after another or at the same time. A good example is the use of alcohol and sleeping pills together, which can stop normal breathing and lead to death.

How Can You Tell If Your Friends Are Using Drugs?

You might try asking. Drug use is often hard to see, especially in the early stages. When people like drugs or feel they need drugs so much that they can't do without them, they are dependent. Only a few kinds of drugs, like the narcotics, can cause physical dependence or addiction. But almost any drug, when it is used or misused, can make you think you need the drug all the time.

Let's take a quick look at three very common drugs. They are the first drugs most of us encounter and can get dependent on.

SOCIAL DRUGS

TOBACCO

Smoking is our country's biggest and most dangerous addiction. One-third of the population is dependent on nicotine and smoking can lead to problems like lung diseases and cancer.

Nicotine (the active ingredient in tobacco) affects the heart and nervous system. When tobacco smoke is taken into the lungs, the heart beats faster and blood pressure rises.

ALCOHOL

Ethyl alcohol is the active ingredient in wine, beer, and liquor. In small doses, it has a calming effect.

A drink once in a while does not harm a healthy person. However, even a few drinks deprive some tissues and cells of needed oxygen. Alcohol can affect the liver, brain, and heart. Its continued use can also result in brain damage and poor memory, judgment, and learning. Alcoholism is a major problem among both young people and adults.

MARIJUANA AND HASHISH

Marijuana and hashish come from a plant named *Cannabis sativa.* Marijuana cigarettes or "joints" are made from the dried leaves of the plant, and hashish comes from the dark brown or black resin on the tops of the plant. While *Cannabis* has over 400 chemicals, it is delta-9-tetrahydrocannabinol, or THC, that determines how strong the marijuana and hashish are. The more THC, the greater the "high."

IS MARIJUANA SAFE?

No. Evidence has been gathering over the past 10 years that marijuana can cause serious physical and mental problems. Marijuana can affect a person's memory, driving ability, and school performance. Scientific research shows that one marijuana joint a day decreases some lung functions as much as smoking 16 cigarettes a day. And marijuana smoke has more cancer-causing

substances than tobacco smoke. Many scientists think that if people smoke marijuana for a long time, they may develop lung problems like those of cigarette smokers. Doctors are especially worried about marijuana's effects on young people who smoke while their bodies and minds are still rapidly developing.

THE STIMULANTS

These are the "Uppers" that affect the nervous system. They make people more active, alert, and nervous. They relieve and disguise the effects of fatigue. The stronger stimulants sometimes produce a temporary high mood before they let you down. Regular use makes some people irritable and overactive. People who stop using stimulants often go through a "withdrawal" and may feel "down" or get headaches or other symptoms.

CAFFEINE

Caffeine is found in coffee, tea, and cola drinks, often drunk to keep awake or stay alert. Many people will get symptoms of "withdrawal" when they stop using caffeine.

AMPHETAMINES

Not only illegal drugs are abused. One of the biggest drug problems is the misuse of pills that doctors prescribe. Some of these pills, called amphetamines (diet pills and pep pills like Dexedrine and Benzedrine), get into the black market or are stolen from people who have medical reasons to take them.

Use of amphetamines can lead to the yo-yo effect of "speed"—high one hour and down the next. Amphetamines can make people dependent and can cause physical and mental damage when used over a long period of time.

COCAINE

Cocaine ("coke"), most often sold in the form of a white powder, comes from the coca bush grown in South America. Cocaine is usually sniffed or "snorted" through the nostrils, although smoking "cocaine base,"

a substance derived from cocaine, is becoming popular. The "high" from cocaine happens immediately after use and can last up to about 20 minutes. When snorted, cocaine can irritate the nostrils, throat, and sinuses. Long term snorting can cause sleeplessness, anxiety, and sometimes delusions. Smoking causes the cocaine to reach the brain faster than snorting, but does not allow the user as much control over how much is absorbed into the body. Smoking cocaine increases the chances for serious emotional reactions such as anxiety (extreme and unreasonable fears) and paranoia (unfounded suspicion). Although rare, cocaine can cause death.

THE DEPRESSANTS

These drugs are the "downers." They depress the central nervous system, make people calm or sleepy, and can be harmful when misused.

BARBITURATES

(Amytal, Butisol, Nembutal, and Seconal, for example)

The barbiturates are pills doctors prescribe for a few medical conditions. But they are one of our biggest drug abuse problems—twice as many people die from overdoses of barbiturates as from overdoses of heroin. Barbiturates (sometimes called "sleeping pills," "barbs," "downs," or "reds") cause mental confusion, dizziness, and loss of memory. People sometimes get so confused that they forget how many pills they've taken. Often this confusion results in overdose.

Barbiturates are very addictive. In fact, people dependent on barbs have to be very careful coming off them. Sudden withdrawal can cause a medical crisis—fear, restlessness, convulsions, even death. If anyone you know wants to stop taking barbiturates after using them heavily, tell him or her to see a doctor first.

Barbiturates and alcohol make each other more powerful when taken together. Mixing even a few sleeping pills with alcohol can easily lead to an overdose

and often causes accidental death. Never let your friends take any barbiturates, sedatives, or other downers if they've been drinking alcohol.

OTHER SEDATIVES

People can buy other kinds of depressants at drug stores that can be taken to help them sleep or to relieve tension. Minor tranquilizers (like Valium and Librium) are the most prescribed drugs in the world—especially for adult women and older men who complain of anxiety or depression. They are not as dangerous as barbiturates, but all the general cautions about downers still hold. Tranquilizing drugs can create dependence. Young people show little caution when they take tranquilizers to get high; when they are taken with alcohol they can cause death.

THE NARCOTICS

Narcotics act much like barbiturates; they are usually derived from opium and they are all *very addictive.* Mainly used as pain killers, the narcotics depress the central nervous system and can make people physically and mentally dependent. Codeine and Demerol are commonly prescribed narcotics. Opiates, a more powerful class of narcotics derived directly from the opium poppy, include opium, morphine, and heroin. Heroin, usually injected, creates a temporary high and is always addictive if used daily. Although its effects may be no worse than those of the barbiturates, the great need for heroin often leads to crime in order to get enough money to buy this expensive, illegal drug.

THE MIND-CHANGERS

There is a class of illegal drugs called hallucinogens.

LSD

Probably the best known mind-changer is LSD ("acid"). It is one of the most powerful chemicals known; an amount almost too small to see with the naked eye is enough to cause disorientation for up to

12 hours. Continued use of LSD can result in serious personality breakdown, although LSD does not create the feeling of dependence.

PCP

One serious drug of abuse, phencyclidine, is a tranquilizer for animals. Called PCP ("hog" or "angel dust"), its effects can include a feeling of numbness in arms and legs, and hallucinations. Sprinkled on tobacco or marijuana cigarettes or taken in capsules, PCP can often lead to feelings that everyone is against you. Its use has been linked with serious violence.

OTHER HALLUCINOGENS

Mescaline is found in the peyote cactus. Psilocybin is the drug in the so-called "magic mushroom" found in Mexico. Both of these drugs cause hallucinations—fantasies in the mind.

The black market laboratories continue to produce new kinds of synthetic hallucinogens. "STP" is one such drug, which has been found to be very dangerous. "MDA" is another; this one seems to also act like a stimulant.

GLUE AND OTHER INHALANTS

Some people sniff glue and inhale other chemicals—deodorant or hair spray—to get high. These are poisonous and very dangerous. Much of the high comes from cutting off oxygen to the brain or affecting the lungs. Overdoses of these chemicals lead to kidney and brain damage and may cause suffocation and death.

WHAT TO DO IF SOMEONE YOU KNOW HAS A DRUG PROBLEM

Up until now, we've talked only about stopping drug abuse before it starts. That's the best way. But sometimes, someone you know and care about does get involved with drugs. When that happens, remember that panic or anger won't help either of you. Your friend

needs your support and understanding help more than ever before.

Solving an already existing drug problem is called intervention. In many ways intervention is like prevention. You need to understand what your friend is going through. The information on drugs in this pamphlet can give you some ideas. Beyond that, it is important to remember the reasons why people use drugs: to change the way they feel and to get away from problems. Drug abuse is often a symptom of another problem. Your friend may be hurt, angry, or upset. He or she may have begun to use drugs because of peer pressure. The first step, then, is to try to find out what the problem is. Talk to your friend. Be open and calm. If problems were talked about before, they still can be. Listen to each other. Don't cut each other off.

If your friend has a bad drug problem the two of you can't handle or is in a crisis (like a medical emergency), nearly every town has hot lines, counselors, and organizations that can help. They can give you the help you need without getting you or your friend in trouble. Many schools now have drug counseling services. If your school doesn't, maybe you can urge the administration

to start such a program. Also, don't forget about your parents. Drug problems are something most young people would rather not discuss with their parents. But drug problems are like a lot of other problems parents help their children get through while they're growing up. Most can help with a drug problem.

The final thing to know is that helping a friend with a drug problem works best when it's done early. Continued drug abuse not only is more likely to hurt you or your friend, but soon the drugs become a bigger problem than the one you started with. If you think a friend has a drug problem, act quickly but calmly. You *can* make the difference.

Other Resources

When you or your family need assistance with a drug problem or want to find out more about prevention, you need to contact someone in your local area. There are several places to go first. They can refer you to someone in your community who can help.

☐ *Single State Agencies for Drug Abuse Prevention* (SSAs). Each State has a single agency for the various drug abuse prevention, treatment, and rehabilitation programs within the State. These SSAs are a good place to contact if you want to find out about programs and services close to your home. They are listed in the back of this pamphlet.

☐ *The National Clearinghouse for Drug Abuse Information,* operated by the National Institute on Drug Abuse, provides the latest information on drugs, prevention, and treatment free to anyone requesting it.

Contact:

National Clearinghouse for Drug
Abuse Information
P.O. Box 1701
Washington, DC 20013

☐ *The Prevention Branch of the National Institute on Drug Abuse* is the focus for all prevention programs and activities within NIDA. Their address is:

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
Room 10A-30
5600 Fishers Lane
Rockville, Maryland 20857.

☐ *The PYRAMID Project* is a prevention resource network developed by the National Institute on Drug Abuse. PYRAMID provides assistance, instruction, and support for the development of drug abuse prevention efforts throughout the country. For more information about the PYRAMID Project and for referral to programs in your area contact:

The PYRAMID Project
Pacific Institute for Research & Evaluation
3746 Mt. Diablo Blvd.
Suite 200
Lafayette, California 94549
Toll Free (800) 227-0438.

☐ If you would like information to help you in your own decisions about drugs you may be interested in a new booklet available from the Clearinghouse, called *This Side Up.* This combines factual drug information with features and activities that deal with alternatives to drug abuse and skills related to risk taking and decision making.

There are other pamphlets in this series, each directed to different kinds of people who can practice prevention. They are available free from the National Clearinghouse for Drug Information. The titles are:

☐ Drug Abuse Prevention for Your Family

☐ Drug Abuse Prevention (for a general audience; also in Spanish)

There is also a comprehensive resource book, *It Starts with People,* available free from the Clearinghouse. It describes in detail how to start a drug abuse prevention program in your own school or community.

Conclusion

Drug abuse is a problem which can be prevented. Prevention is not easy, but it is a simple idea. You're probably already doing prevention. We hope this pamphlet has given you an idea of what you can do. Really, prevention is your job. *You* can *stop* drug abuse *before* it starts. Be a friend.

INFORMATION RESOURCES
Alcohol, Mental Health, and Drug Abuse Information

National Clearinghouse for Drug Abuse Information
National Institute on Drug Abuse
P.O. Box 1701
Washington, DC 20013

National Clearinghouse for Alcohol Information
National Institute for Alcohol Abuse and Alcoholism
P.O. Box 2345
Rockville, MD 20850

Technical Information Center
Office on Smoking and Health
5600 Fishers Lane, Room 1-16
Rockville, MD 20857

National Clearinghouse for Mental Health Information
National Institute of Mental Health
U.S. Department of Health, Education & Welfare
5600 Fishers Lane, Room 11 A-33
Rockville, MD 20857

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**For Kids Only: What You Should Know About Marijuana.* Washington, DC: Superintendent of Documents, U.S. Government Printing Office, in press.

**Let's Talk About Drug Abuse.* Washington, DC: Superintendent of Documents, U.S. Government Printing Office, in press.

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National Institute on Alcohol Abuse and Alcoholism. *Thinking About Drinking.* Washington, DC: Superintendent of Documents, U.S. Government Printing Office, 1975.

*Single copies available free of charge from:

National Clearinghouse for Drug Abuse Information
P.O. Box 1701
Washington, DC 20013

SINGLE STATE AGENCIES

ALABAMA
Drug Abuse Program Section
Division of Alcoholism and Drug Abuse
Department of Mental Health
135 S. Union
Montgomery, Alabama 36130

ALASKA
Office of Drug Abuse
Dept. of Health & Social Services
Pouch H-05F
Juneau, Alaska 99811

ARIZONA
Drug Abuse Programs
Division of Behavioral Health Services
Department of Health Services
2500 East Van Buren
Phoenix, Arizona 85008

ARKANSAS
Office of Drug and Alcohol Abuse Prevention
Dept. of Social & Rehab. Services
1515 Building
1515 West 7th
Little Rock, Arkansas 72203

CALIFORNIA
California Department of Alcohol and Drug Abuse
111 Capital Mall
Sacramento, California 95814

COLORADO
Alcohol & Drug Abuse Division
Department of Health
4210 East 11th Avenue
Denver, Colorado 80220

CONNECTICUT
Connecticut Alcohol and Drug Council
Department of Mental Health
90 Washington Street
Hartford, Connecticut 06115

DELAWARE
Bureau of Substance Abuse
1901 N. Dupont Highway
New Castle, Delaware 19720

FLORIDA
Bureau of Drug Abuse Prevention
Division of Mental Health
Dept. of Health & Rehab. Services
1317 Winewood Blvd.
Tallahassee, Florida 32301

GEORGIA
Alcohol and Drug Abuse Section
Div. of Mental Health & Retardation
Department of Human Resources
618 Ponce De Leon Avenue, N.E.
Atlanta, Georgia 30308

HAWAII
Alcohol and Drug Abuse Branch
Department of Health
1270 Queen Emma Street, Room 404
Honolulu, Hawaii 96813

IDAHO
Bureau of Substance Abuse
Division of Community Rehabilitation
Department of Health and Welfare
700 West State Street
Boise, Idaho 83720

ILLINOIS
Dangerous Drugs Commission
300 North State Street, 15th Floor
Chicago, Illinois 60610

INDIANA
Division of Addiction Services
Department of Mental Health
5 Indiana Square
Indianapolis, Indiana 46204

IOWA
Iowa Drug Abuse Authority
505 5th Avenue
Des Moines, Iowa 50319

KANSAS
Drug Abuse Unit
Dept. of Social and Rehab. Services
Biddle Bldg.
2700 W. 6th Street
Topeka, Kansas 66608

KENTUCKY
Alcohol and Drug Abuse Branch
Division for Prevention Services
Bureau of Health Services
Department of Human Resources
275 East Main Street
Frankfort, Kentucky 40601

LOUISIANA
Bureau of Substance Abuse
Division of Hospitals
Louisiana Health and Human Resource Administration
200 Lafayette Street
Baton Rouge, Louisiana 70804

MAINE
Office of Alcoholism and Drug Abuse Prevention
Bureau of Rehabilitation
32 Winthrop Street
Augusta, Maine 04330

MARYLAND
Drug Abuse Administration
Dept. of Health & Mental Hygiene
Herbert O'Conor Office Building
201 W. Preston Street
Baltimore, Maryland 21201

MASSACHUSETTS
Division of Drug Rehabilitation
Department of Mental Health
160 N. Washington Street
Boston, Massachusetts 02114

MICHIGAN
Office of Substance Abuse Services
3500 North Logan Street
P.O. Box 30035
Lansing, Michigan 48909

MINNESOTA
Drug and Alcohol Authority
Chemical Dependency Division
Dept. of Public Welfare
658 North Cedar Street
St. Paul, Minnesota 55155

MISSISSIPPI
Division of Drug Misuse
Department of Mental Health
619 Lee State Office Building
Jackson, Mississippi 39201

MISSOURI
Division of Alcoholism & Drug Abuse
Department of Mental Health
2002 Missouri Blvd.
Jefferson City, Missouri 65101

MONTANA
Addictive Diseases Division
Department of Institutions
1539 11th Avenue
Helena, Montana 59601

NEBRASKA
Nebraska Commission on Drugs
P.O. Box 94726
State Capitol Building
Lincoln, Nebraska 68509

NEVADA
Bureau of Alcohol & Drug Abuse
Rehabilitation Division
Department of Human Resources
505 East King Street
Carson City, Nevada 89710

NEW HAMPSHIRE
Office of Drug Abuse Prevention
3 Capital Street, Room 405
Concord, New Hampshire 03301

NEW JERSEY
Division of Narcotic and Drug
Abuse Control
Department of Health
129 East Hanover Street
Trenton, New Jersey 08625

NEW MEXICO
Drug Abuse Agency
Department of Hospitals & Institutions
P.O. Box 968
Santa Fe, New Mexico 87503

NEW YORK
Office of Drug Abuse Services
Executive Park South
Albany, New York 12203

NORTH CAROLINA
North Carolina Drug Commission
325 N. Salisbury Street
Raleigh, North Carolina 27611

NORTH DAKOTA
Division of Alcoholism and Drug Abuse
Department of Health
909 Basin Avenue
Bismarck, North Dakota 58505

OHIO
Ohio Bureau of Drug Abuse
Division of Mental Health
Department of Mental Health and
Mental Retardation
65 S. Front Street, Room 211
Columbus, Ohio 43215

OKLAHOMA
Division of Drug Abuse Services
Department of Mental Health
P.O. Box 53277, Capitol Station
Oklahoma City, Oklahoma 73105

OREGON
Programs for Alcohol and
Drug Problems
Mental Health Division
Department of Human Resources
2575 Bittern Street, N.E.
Salem, Oregon 97310

PENNSYLVANIA
Governor's Council on Drug
and Alcohol Abuse
Riverside Office Center
Building No. 1, Suite N
2101 North Front Street
Harrisburg, Pennsylvania 17110

RHODE ISLAND
Rhode Island Drug Abuse Program
Department of Mental Health and
Retardation and Hospitals
303 General Hospital
Rhode Island Medical Center
Cranston, Rhode Island 02920

SOUTH CAROLINA
South Carolina Commission on
Alcohol and Drug Abuse
3700 Forest Drive
P.O. Box 4616
Columbia, South Carolina 29240

SOUTH DAKOTA
Division of Drugs and
Substance Control
Department of Health
Joe Foss Building
Pierre, South Dakota 57501

TENNESSEE
Alcohol and Drug Abuse Section
Department of Mental Health
501 Union Street, 4th Floor
Nashville, Tennessee 37219

TEXAS
Drug Abuse Division
Department of Community Affairs
Box 13166, Capitol Station
Austin, Texas 78711

UTAH
Division of Alcoholism and Drugs
150 N. Temple
Salt Lake City, Utah 84110

VERMONT
Alcohol and Drug Abuse Division
Department of Social & Rehab. Services
State Office Building
Montpelier, Vermont 05602

VIRGINIA
Department of Mental Health/
Mental Retardation
Division of Substance Abuse Control
Commonwealth of Virginia
P.O. Box 1797
Richmond, Virginia 23214

WASHINGTON
Office of Drug Abuse Prevention
Community Services Division
DSHS, OB-43E
Olympia, Washington 98504

WEST VIRGINIA
Division of Alcoholism and Drug Abuse
Department of Mental Health
1800 Kanawha Blvd., East
Charleston, West Virginia 25305
WISCONSIN
Bureau of Alcohol & Other Drug Abuse
Division of Mental Hygiene
Department of Health and Social Services
One West Wilson Street, Room 523
Madison, Wisconsin 53702
WYOMING
Drug Abuse Programs
Hathaway Bldg., Room 457
Cheyenne, Wyoming 82001

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